

INDOOR PROGRAM POLICY

COVID-19 POLICIES

All directions are by recommendation of the CDC

1. If a participant has been diagnosed with COVID-19 or has symptoms (listed below), they will be excluded from all in-person programs until:
 - a. No fever for at least 24 hours since recovery (without the use of fever-reducing medicine) **AND**
 - b. Other symptoms have improved (e.g., coughing, shortness of breath) **AND**
 - c. At least 10 days have passed since the first symptom.
2. Should a participant be diagnosed with COVID-19, it is expected that it will be reported to the Town of Rolesville Parks and Recreation department **immediately** in order to take proper measures:
 - a. Everyone who participated in a program will be contacted via email and encouraged to be tested;
3. For Anyone Who Has Been Around a Person with COVID-19
 - a. Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.
 - i. The best way to protect yourself and others is [to stay home for 14 days if you think you've been exposed](#) to someone who has COVID-19.
 - b. However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.
 - i. Someone who has received a **negative test taken at least 5 days after being exposed.**

Or:

 - ii. Someone who has COVID-19 illness within the previous 3 months **AND**
 - iii. Has recovered **AND**
 - iv. Remains without COVID-19 symptoms (for example, cough, shortness of breath)

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills (100.4 degrees or higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/>

<https://covid19.ncdhhs.gov/>

PROGRAM POLICIES

1. Participants, parents/guardians, and vendors will answer health screening questions when they arrive at the facility.
 - a. If a participant has a fever or does not pass the health screening questions, that participant cannot participate in the program. The participant can return and participate in the program when COVID-19 Policies on page 1 (one) have been met.
 - b. If a parent/guardian has a fever or does not pass the health screening questions, they may not enter the facility.
 - c. Town of Rolesville will not grant refunds to participants who do not pass the health screening.
2. Town of Rolesville Staff will fill out health screening questions before each shift.
3. Patrons will be asked to use hand sanitizer when they enter and exit the building.
4. Hand sanitizer will be located inside at each entrance of the facility.
5. Patrons must wait outside the facility until it is their time for class, or invited in by Town of Rolesville staff.
6. Patrons must leave the building immediately after class is over.
7. There will be at least 10 minutes between all classes to give time for the Town of Rolesville's staff to clean.
8. All patrons, five (5) years and older, **both vaccinated and unvaccinated individuals, are required to wear a face-covering at all times while inside the facility.**
 - a. CDC recommends all people 2 years of age and older wear a cloth face-covering in public settings and when around others who don't live in their household.
 - b. Definitions: "Face Covering" means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears and fits snugly against the side of a person's face. A Face Covering can be made of a variety of synthetic and natural fabrics, including cotton, silk, or linen. Face Coverings are most effective when they fit snugly against a person's face and have two (2) or more layers. This can be achieved by wearing a cloth Face Covering with two or more layers or by wearing one disposable mask underneath a cloth mask. A cloth Face Covering may be factory-made, sewn by hand, or can be improvised from household items such as scarfs, bandanas, t-shirts, sweatshirts, or towels. These Face Coverings are not intended for use by healthcare providers in the care of patients. Based on recommendations from the CDC, **face shields do not meet the requirements for Face Coverings.**
 - c. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
 - d. Exemptions can be found: <https://governor.nc.gov/news/executive-orders>
9. The Bathroom will be open for use.
10. The Water Fountain will be open for use.
 - a. Please **DO NOT** drink directly from the water fountain.
 - b. Use the water fountain as a bottle filling station.
11. **Please bring bottled water labeled with your name.**
 - a. No spray bottles, water must transfer directly from bottle to mouth
12. Please bring your own personal items such as towels, yoga mats, clothing, weights, etc.
 - a. **DO NOT** share these personal items.
13. **NO** food is allowed in the facility.
14. Everyone in the facility is expected to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
 - a. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.